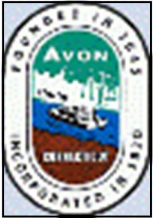


# AVON SENIOR CENTER



635 WEST AVON ROAD  
AVON, CONNECTICUT 06001  
860.675.4355

9:00 a.m. – 4:00 p.m. Monday – Friday

*Jennifer Bennett, LMSW Avon Senior Center Coordinator*  
*Darlene Tate, Administrative Secretary*



## DECEMBER 2015

See our newsletter online at: <http://www.avonct.gov>

### Senior Center Coordinator Message

Happy Holidays!! I hope everyone enjoys this season!! Spend time with family, friends and come to the senior center! There are great things happening here!

As we get ready to say **Goodbye** to another year, we reflect on all of the wonderful things that happened at the Avon Senior Center in 2015! We received a new television with grant money awarded from the Avon-Canton Rotary, the carpet was cleaned in the building, our wood floor was refinished in the Community Room, there has been a lot of cleaning out, organizing and de-cluttering. We are becoming more beautiful every year! Look for more fantastic things in 2016!

Please join us for several of our FREE Holiday Events! Sign up early to reserve your space! We also have some Health & Wellness Series happening starting with our "Matter of Balance" program this month!

Thank you all for coming to the senior center, being a part of our family and spending time with us. We appreciate it! Stay safe, healthy & happy! Happy New Year!!

*Respectfully, Jennifer Bennett, LMSW*



### Senior Center Contest!!!

**Name our Mascots!!**



We have new mascots at the Senior Center!! We have awesome goldfish. So, we're having a contest to see who can come up with the best name for them. There will be a small prize for the winner!!



### Knitting & Handwork Group at the Senior Center!!

Please give us a call if you're interested in a knitting group or handwork group. We've had a lot of interest and we'd love to get started! You could work on your own projects or we could find some projects for you! Please call the senior center at 860-675-4355.



### Interested in Bridge Lessons?

Please let us know if you're interested in Bridge Lessons. We have a fantastic teacher and we want to hold classes. We have some interest in a Beginner Class, but we want to fill the class!



## DECEMBER EVENTS 2015

*Jennifer Bennett, LMSW Avon Senior Center Coordinator  
Darlene Tate, Administrative Secretary  
860-675-4355*

### **Tuesday, December 1, 2015 from 11:30-1:30**

#### **“Free Blood Pressure Screening”**

Farmington Valley VNA will be providing a FREE Blood Pressure Screening today. Please stop by & get your blood pressure checked. If you have any questions, please feel free to call the senior center at 860-675-4355.

### **Wednesday, December 2, 2015 at 10:00 a.m. “Shuffleboard”**

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

### **Thursday, December 3, 2015 at 2:30 p.m.**

#### **“Caregiver Support Group”**

The Farmington Valley VNA is sponsoring a support group for adults who are caregivers. The group is open to all adults who are caring for a loved one. Caring for another can be emotionally and physically exhausting. This is an opportunity to rejuvenate yourself by talking with others who truly understand. We can all learn from each other. Come and be surrounded by others who care and are in search of support. This group will be facilitated by the Farmington Valley VNA Social Worker, Laura Perednia, LCSW. Any questions, please feel free to contact Jennifer Bennett, Avon Senior Center Coordinator at 860-675-4355 or the FV VNA at 860-651-3539.

### **Friday, December 4, 2015 from 10-12 “A Matter of Balance”**

Free & Open to the Public! Space is filling up, reserve your spot! 8 weeks (Fridays- Dec 4, 11, 18; Jan 8, 15, 22, 29; Feb 5) from 10 a.m. to 12:00 p.m. Having good balance is important for many everyday activities, such as going up and down the stairs. It also helps you walk safely and avoid tripping and falling over objects in your way. **Justine Ginsberg, BSN, RN, Community Health Coordinator** from the Farmington Valley Health District will be here to give us tips on staying safe! You don't want to miss this informational and educational learning opportunity! Please call the senior center at 860-675-4355 to sign up.

### **Friday, December 4, 2015 at 1:00 p.m. “Wood Carving”**

Join us for wood carving in the afternoon. Come and learn how to carve wood, see people carve wood, ask questions, look at projects and get information about wood carving. This is a great group of people and you would have a fantastic time! Please call the senior center at 860-675-4355 to sign up.

### **Saturday, December 5, 2015 at 1:00 p.m. “Walls Do Talk - An Archaeological Dig at Derrin Farmhouse”**

This lecture series, “One Quilt in Avon’s Heritage Quilt History”, sets the stage for understanding the lives of the town’s early settlers, how Avon became a prosperous farming community, its growth and place in Connecticut’s history. The Derrin family was just one of the ‘squares of cloth’ of families who settled in West Avon and contributed to this community’s economic and residential success. Their story, starting with coming to Farmington/Northington in the mid-1700s, the building of three homesteads along West Avon Road (two extant) representative of typical town farms up until the mid-1800s, to their eventual further migration, parallels that of many of this town’s early settler families that created the *heritage quilt* that is Avon today. Nicholas Bellantoni was Connecticut’s State Archaeologist having just retired in 2014 after 27 years. Among his credentials, he was called in to examine the remains of the crew of the civil war submarine, the H.L. Hunley. Mr. Bellantoni and his team conducted a dig at the Derrin Farmhouse in 1995 and will enlighten the audience with his findings and will return the artifacts found to the archives of the Avon Historical Society. The lecture series is sponsored in part by the Avon Senior Center/Community Center and the Avon-Canton Rotary Club. Please call the senior center at 860-675-4355 to sign up.

### **Monday, December 7, 2015**

#### **“Foot Care”**

Dr. Lindsay will be at the Avon Senior Center on the 1<sup>st</sup> Monday of every month from 9:00 am-12:00 pm for: Assessment of feet (skin, nails, etc.), Toenail clipping, Callus removal, Provide Resources & Answer Questions. The cost is \$40.00. CALL 860.677.7272 TO MAKE AN APPOINTMENT.

### **Wednesday, December 9, 2015 at 10:00 a.m. “Shuffleboard”**

Please call the senior center at 860-675-4355 to sign up.

### **Wednesday, December 9, 2015 at 12:00 p.m.**

**“Lunch & Learn” “Winter Safety”** presented by **Justine Ginsberg, BSN, RN, Community Health Coordinator** from the Farmington Valley Health District will be here to help us with winter advice and give us tips on staying safe! You don't want to miss this informational and educational learning opportunity! We enjoy Justine and we're so glad she's back! This is free and open to the public! Please call the senior center at 860-675-4355 to sign up.

### **Friday, December 11, 2015 from 10-12 “A Matter of Balance”**

**Justine Ginsberg, BSN, RN, Community Health Coordinator** from the FVHD will be here to give us tips on staying safe! Please call the senior center at 860-675-4355 to sign up.



**Friday, December 11, 2015 at 12:00 p.m.**

**“Avon Police Association Holiday Meal!”**

Avon Police Association & Avon Social Services are sponsoring a Holiday Meal for all seniors! This meal is free and open to the public. Avon Police Association will be here to set up, serve & clean up the Holiday Meal & they're sponsoring the food that will be made by Kane's Market in Simsbury. Come and spend time with our local Police & enjoy a delicious meal together! We thank the Police Association for caring about our older adults! Please call the senior center at 860-675-4355 to sign up.

**Friday, December 11, 2015 at 1:00 p.m. “Wood Carving”**

**Tuesday, December 15, 2015 from 10 a.m. to 3 p.m.**

**“LGBT Moveable Senior Center- Canton”**

LGBT (Lesbian, Gay, Bisexual, Transgender) elders & Allies from CT towns are welcome to this free program. This month we're in Canton! LGBT Moveable Senior Center is sponsored by CCCI as part of “Getting it Right: Creating an LGBT-responsive Organization,” a project funded by the John H. and Ethel G. Noble Charitable Trust and was guided by CT LGBT Aging Advocacy. Please call the senior center at 860-675-4355 to sign up.

**Wednesday, December 16, 2015 at 10 a.m. “Shuffleboard”**

**Wednesday, December 16, 2015 at 1:00 p.m.**

**“Avon Middle School Chamber Orchestra”**

Avon Middle School Chamber Orchestra under the direction of Mr. Lovendale will be here to play their melodious music, entertain us and show off their talent! We will enjoy cookies and punch after the program. This event is free & open to the public. Please call the senior center at 860-675-4355 to sign up.

**Friday, December 18, 2015 from 10-12**

**“A Matter of Balance”** Justine Ginsberg, BSN, RN, *Community Health Coordinator* from the FVHD will be here to give us tips on staying safe! Please call the senior center at 860-675-4355 to sign up.

**Friday, December 18, 2015 at 12:00 p.m.**

**“Cooking with Morgan!”**

Join us for this delicious program that is free & open to the public! Intern Morgan is going to share recipes with us, cook for us and we'll all enjoy the meal together. You don't want to miss this delectable spread. Please call the senior center at 860-675-4355 to sign up.

**Friday, December 18, 2015 at 1:00 p.m. “Wood Carving”**

**Tuesday, December 22, 2015 DRESS DOWN DAY!!!!**

Let's celebrate the Holidays! Join us for Dress Down Day. Please wear a t-shirt with your favorite sports team, college, color, season or favorite saying (within reason) & show your spirit!!!!

**Wednesday, December 23, 2015 at 10 a.m. “Shuffleboard”**

**Thursday, December 24, 2015**

**CLOSED FOR CHRISTMAS EVE HOLIDAY**

**Friday, December 25, 2015**

**CLOSED FOR CHRISTMAS HOLIDAY**

**Thursday, December 31, 2015**

**CLOSING AT 1:30 P.M. FOR NEW YEAR'S HOLIDAY**

**Friday, January 1, 2016**

**CLOSED FOR NEW YEAR'S DAY HOLIDAY**

# Birthdays

## December

Oscar Maillet	9th
Sal Liberatore	14th
Beverly Gagne	15th
Shirley Minnier	18th
John Kostrisak	22nd
Mitchell Bialicki	26th



**Bridge – Tuesdays & Thursdays at 12:30 p.m.– Intermediate**  
**Scrabble – Tuesdays at 1:30 p.m.**

**Shuffleboard – Wednesdays at 10:00 a.m.**

**Setback – Wednesdays & Fridays at 12:00 p.m.**

**Ping Pong – Fridays at 10:00 a.m.**

**Woodworking – Fridays at 1:00 p.m.**



## Upcoming Movie Matinees at Avon Library

**Thursdays at 1:30 p.m.**

**in the Community Room**

### DECEMBER 03

**The Young  
Philadelphians  
(1959) 136 min.**

### DECEMBER 10

**The Heiress  
(1949) 115 min.**

### DECEMBER 17

**It's a  
Wonderful Life  
(1946) 130 min.**

**AVON FREE PUBLIC LIBRARY IN PARTNERSHIP  
WITH THE AVON SENIOR CENTER**

281 Country Club Road  
Avon, CT 06001  
Tel: 860-673-9712



**2015 Fall Classes**  
(Please see dates & locations below)

**Drawing - Fall Session III**

Date (s) of Class: Dec. 2, 9, 16, 23, 30, January 6

**Day, Time & Location:** Wednesdays - 10:00 am to 12:00 pm

**Avon Senior Center - Craft Room**

**Tai Chi for Seniors - Fall Session**

Date (s) of Class: Oct. 7, 14, 21, 28, Nov. 4, 18, 25, Dec. 2, 9, 16, 23

**Day, Time & Location:** Wednesdays - 2:30 pm to 3:30 pm

**Avon Senior Center**

**Zumba Gold Fall Session II**

Date(s) of Class: Nov. 18, 25, Dec. 2, 9, 16, 23

**Day, Time & Location:** Wednesdays - 6:00 pm to 7:00 pm

**Countryside Park**

**Zumba Gold Fall Session II**

Date(s) of Class: Nov. 30, Dec. 7, 14, 21, 28, Jan. 4

**Day, Time & Location:** Mondays - 3:30 pm to 4:30 pm

**Avon Senior Center**

**Mid-Tempo Summer Session**

Date(s) of Class: 10/5/2015 - 01/06/2016

**Day(s), Time & Location:** M/W 8:30 am—9:30 am


**Avon Senior Center**

For more information about registering, classes, and setting up your account please visit:

<http://www.avonct.gov/recreation-and-park-department>

**CRT Lunch at the Avon Senior Center**

Come and enjoy lunch at the Avon Senior Center on Tuesdays and Thursdays. CRT (Community Renewal Team) sponsors a lunch program at the Avon Senior Center where you receive a hot, nutritious and health conscious meal. They offer a printed menu each month and reservations are required by calling the senior center the day before by 12:00 noon. To make a reservation for lunch, please call the Avon Senior Center at 860-675-4355. The cost is a suggested \$2.50 donation for persons 60 years of age and over and a mandatory \$5.00 if you are 59 years of age and under. The lunch program is open to all seniors in the Town of Avon as well as surrounding towns. Come and join us and make some new friends. See **December's** menu below:

<b>TUESDAY</b>		<b>THURSDAY</b>	
<b>1</b>	Orange Juice Turkey Stew w/Extra Potatoes & Vegetables Boiled Potatoes Brussel Sprouts Homemade Biscuit Apple/Peach Crisp	<b>3</b>	Hearty Vegetable Soup Tuna Fish Salad on Croissant Sweet Potato Fries Leaf Lettuce & Sliced Tomatoes Tropical Fruit
<b>8</b>	Alaskan Pollock w/ Seafood Sauce Brown & White Rice Sicilian Blend Vegetables 12-Grain Bread Fresh Fruit	<b>10</b>	Pot Roast w/Vegetable Gravy Baked Potato Peas & Diced Carrots Oatnut Bread Pineapple Tidbits
<b>15</b>	White Bean & Escarole Soup Grande Cheese Ravioli w/ Tomato Sauce Garden Salad w/Cherry Tomatoes & Cucumbers Raspberry Vinaigrette Dressing Whole Grain White Bread Sliced Pears	<b>17</b>	Breaded Pork Steak w/ Broth Scalloped Potatoes Succotash 12-Grain Bread Fresh Fruit
<b>22</b>	Orange Juice Rosemary Baked Chicken Mashed Potatoes Sliced Carrots 100% Whole Wheat Bread Banana Pudding w/ Whipped Topping	<b>24</b>	<b>CLOSED IN OBSERVANCE OF CHRISTMAS HOLIDAY</b> 
<b>29</b>	Orange Juice Seasoned Chicken in Asiago Cream Sauce Over Penne Pasta Italian Blend Vegetables 100% Whole Wheat Bread Lemon Pudding w/ Whipped Topping	<b>31</b>	Roast Turkey w/Gravy Cran Raisin Stuffing Brussel Sprouts Cranberry Sauce Dinner Roll Peaches & Pears

# SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001  
860.675.4355  
Mondays



- President - Arthur Atwood**  
 • Vice President, • Financial Secretary & Cheer- Marie Evans  
 • Treasurer - Barbara Schicker, • Hospitality - Jean Pelletier  
 • Secretary - Marian Hurlbut • Newsletter Correspondent - Katie Ruez  
 • Programs – Helen M. Toth

## Senior Organization President's Message

### December President's Message

Christmas is in the air again! Is there something more wonderful than this season of love, peace and good will? People smile more. Carols ring in every church, store and home. Bustling shoppers comb the aisles looking for the right gift. Mulled cider scents the air, - a little wine helps too, and we cuddle in front of a crackling fireplace, snug and warm despite a windy chill. Merry Christmas!, Joyeux Noel!, Feliz Navidad!, and Buon Natale to all our Seniors. Happy Hanukkah to our Jewish friends! Merry Christmas is designed to capture all the sights, sounds and sentiments of this glorious holiday.

Now I hope the following Christmas joys will bring an extra measure of joy to your holiday: Be first to wish everyone you meet a Merry Christmas. Take a basket of Christmas goodies to your local police and fire station. Take a shut-in a scrumptious Christmas dinner. Visit some of the rest homes and visit some of our Seniors you know who can't get out. Don't give anyone a fruit cake unless they beg you for one. Offer to run Christmas errands for an elderly friend or relative. If your feeling harried go to a church of your choice and reflect on the real meaning of Christmas. You will feel more peaceful.

Our Christmas at the Senior center on December 21st – we will have our annual Teddy picnic and High tea along with our pot luck lunch. They'll be prizes for the best bear. Bring your special tea cup – they'll be prizes for the best cup as well. And we will be entertained by the Avon High School Singers. Five dollar donation!

From my home to yours, I wish you the merriest and most joyful holiday ever. Happy Hanukkah and may the blessings of Christmas traditions bring Hope, Love, Joy, to each to each day into the New Year 2016.

Peace and Goodwill to all,

Arthur

## December 2015 – Program Schedule Everyone is Welcome-Reservations Recommended

**December 7<sup>th</sup>**                      **10:30 - Board Meeting**  
**Noon – Pizza & Salad**  
**Dessert**  
**Followed by bingo**

**December 14<sup>th</sup>**                      **Noon – Chili and Salad**  
**Cookies**

Movie – Anne of Green Gables...The sequel – Based on the international best-selling novel. Filmed amidst the spectacular scenery of Prince Edward Island, Canada, this award winning movie follows the enchanting life of orphan Anne Shirley from her struggles as an adolescent to her triumphs as a young woman. This is the third of a series of six. If you missed the first two...join us it's easy to catch up and enjoy this film series.

**December 21<sup>st</sup>**                      **Noon – Christmas /**  
**Hanukkah / Kwanzaa**  
**Celebration**  
**Pot Luck**  
**Teddy Bear Picnic &**  
**High Tea**  
**Birthday Cake**

Entertainment provided by the Avon High School Chorale Singers





**December 28<sup>th</sup>**                      **Noon – Corn Chowder and**  
**sandwiches**  
**Dessert**  
**Followed by Bingo**

### Please let us know:

- How did we do this year
- What would you like to see in the New Year. We're always looking for ideas.
- Would you like to be on our membership committee... we need people to call members reminding them of upcoming events. Please see Katie Ruez if you are interested.

**Happy Holidays!!!**

# DECEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<div>1</div> 9:00 Billiards 10:00 Wii Bowling 11:30 FV VNA Blood Pressure 12:00 CRT Lunch 12:30 Bridge 12:30 Wii Bowling 1:30 Scrabble	<div>2</div> 8:30 Mid Tempo 10:00 Shuffleboard 12:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP	<div>3</div> 9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 2:30 Caregiver Support Group	<div>4</div> 8:30 Mid Tempo 9:30 Billiards 10:00 Ping Pong 10:00 Matter of Balance 12:00 Setback 1:00 Wood Carving
<div>7</div> 8:30 Mid Tempo Cardio Class 9:00 Foot Care 10:00 Wii Bowling 10:30 Sr Org Board Mtg 12:00 Senior Org Lunch 12:30 Mah Jongg 3:30 Zumba Gold	<div>8</div> 9:00 Billiards 10:00 Wii Bowling 12:30 Bridge 12:30 Wii Bowling 1:30 Scrabble	<div>9</div> 8:30 Mid Tempo 10:00 Shuffleboard 12:00 Setback 12:00 Lunch & Learn 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP	<div>10</div> 9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge	<div>11</div> 8:30 Mid Tempo 9:30 Billiards 10:00 Ping Pong 10:00 Matter of Balance 12:00 Setback 12:00 Avon Police Association Holiday Meal 1:00 Wood Carving
<div>14</div> 8:30 Mid Tempo Cardio Class 10:00 Wii Bowling 12:00 Senior Org Lunch 12:30 Mah Jongg 3:30 Zumba Gold	<div>15</div> 9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Scrabble  10-3 LGBT Moveable Senior Center in Canton	<div>16</div> 8:30 Mid Tempo 10:00 Shuffleboard 12:00 Setback 1:00 Billiards 1:00 AMS Chamber Orchestra 2:30 Tai Chi 6:00 Zumba Gold—CSP	<div>17</div> 9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge	<div>18</div> 8:30 Mid Tempo 9:30 Billiards 10:00 Ping Pong 10:00 Matter of Balance 12:00 Setback 12:00 Cooking with Morgan 1:00 Wood Carving
<div>21</div> 8:30 Mid Tempo Cardio Class 10:00 Wii Bowling 12:00 Senior Org Lunch 12:30 Mah Jongg 3:30 Zumba Gold	<div>22</div> 9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Scrabble <b>DRESS DOWN DAY!!</b>	<div>23</div> 8:30 Mid Tempo 10:00 Shuffleboard 12:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP	<div>24</div> <b>CENTER CLOSED FOR CHRISTMAS HOLIDAY</b> 	<div>25</div> <b>CENTER CLOSED FOR CHRISTMAS HOLIDAY</b> 
<div>28</div> 8:30 Mid Tempo Cardio Class 10:00 Wii Bowling 12:00 Senior Org Lunch 12:30 Mah Jongg 3:30 Zumba Gold	<div>29</div> 9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Scrabble	<div>30</div> 8:30 Mid Tempo 10:00 Shuffleboard 12:00 Setback 1:00 Billiards	<div>31</div> 9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge  <b>SENIOR CENTER CLOSING AT 1:30</b>	

# RESERVED FOR SPONSORS

# *Avon Senior Center*



**AVON SENIOR CENTER**  
635 WEST AVON ROAD  
AVON, CONNECTICUT 06001

NON-PROFIT  
U.S. POSTAGE  
**PAID**  
AVON, CT 06001  
PERMIT NO. 32